

Videofluoroscopy (VFS)

YOUR APPOINTMENT

Patient's :
Name

Date :

Time :

Location : **Diagnostic Imaging, Main Building,
Zone G, Level 2, G02-13**

Please register
first at Visitor
Management Centre
(next to the food court)
at Main Building,
Level 1 upon arrival.

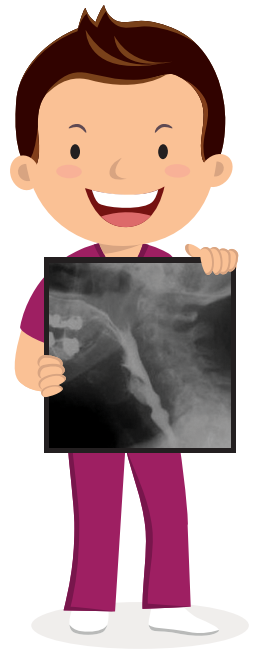


WHAT IS A VFS?

A videofluoroscopy (VFS) is an X-ray examination of swallowing conducted by the speech therapist together with the radiologist. It is recommended when the speech therapist needs more information about how you swallow.

The VFS provides X-ray images that let the speech therapist see:

- If food and drink go into your food pipe (oesophagus) safely
- Which parts of your mouth and throat may not work well when you swallow
- If certain positions or strategies help you to swallow better



WHAT HAPPENS DURING A VFS?

A typical VFS procedure involves:

- Sitting or standing next to an X-ray machine
- Consuming different foods and drinks of varying textures and consistencies. Barium is added to the food and drink so that these can be seen on the X-ray
- Trying different swallowing strategies or rates/volumes of feeding to see if these improve your ability to swallow

No special preparation or fasting is required for a VFS. You have to maintain alertness throughout the study. The examination usually takes 30 minutes.

Please bring along dentures and special feeding equipment that you usually use. The speech therapist may also request you to bring special foods (e.g. porridge, mashed potato) for testing during the VFS.

The speech therapist will explain the results and recommendations to you or your caregiver in another appointment. The speech therapist will use the test results to decide what treatment will help your swallowing. You and the speech therapist will discuss what foods and drinks are safest and how to eat/drink them. The results will also be conveyed to your doctor.

POSSIBLE SIDE EFFECTS OF A VFS

A VFS is a safe procedure and has been recommended because the benefits outweigh the potential risks. The speech therapist and radiologist will be careful to minimise:

- The amount of radiation you receive during the VFS
- The amount of barium and food/drink that may be aspirated into the lungs

Allergy to barium is extremely rare. Barium is easily passed out from the body, so it is normal to observe white stools after a VFS.



INFORM YOUR SPEECH THERAPIST IF YOU HAVE:

- Allergies to barium, any foods and/or drinks
- Missed your period or think you may be pregnant
- Any physical disabilities that prevent you from standing, sitting or getting onto a high chair



If you need to change your appointment, please contact us at 6908 2222



Department of Rehabilitation — Speech Therapy

National University Hospital
 5 Lower Kent Ridge Road, Singapore 119074
 Website: www.nuh.com.sg

For appointments and general enquiries:

Tel: 6908 2222

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing (December 2021) and subject to revision without prior notice.

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